



# THE ZOO **CRAP** TATTOO AWARDS!

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# ZOO

THE SEXIEST  
BLOOPERS **EVER**



**SHIRTFRONTED!**

Charlotte  
Springer  
busts loose

# 19

**FITNESS  
MYTHS  
BUSTED!**

✓ SUPPLEMENTS ✓ BULKING UP  
✓ FOOD ✓ SHORT CUTS AND MORE!

**NEW**  
VIDEO  
GAME  
WORLD  
RECORDS!



**NRL & AFL**  
REPORT CARDS



39

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**GIRLS**

➤ Kacy Vallencourt

# insideZOO

► ISSUE 495 SEPTEMBER 28, 2015



**NEWS**

➤ New Porsche 911



**FEATURES**

➤ Fitness myths busted



**SPORT**

➤ NRL's biggest flops



**REGULARS**

➤ ZOO vs Sons of Anarchy



**THE Z LIST**

➤ Film, music, games



**FULL  
FRONTAL  
PIC**

## Killer python

➤ Oh deer... this is the sad moment before a clumsy steenbok was crushed to death after stumbling over a python in the high grass along the banks of Botswana's Kwando River.

PICTURES: PICTURE MEDIA



**WATCH THIS WEEK'S  
HOTTEST VIDEO**



**ZOO  
tube**

zooweeklydigital

**FOLLOW ZOO ON SOCIAL MEDIA**



@zooweeklyaus

@zooweeklydigital





THE MOST  
IN-YOUR-FACE  
PICS OF THE WEEK

# SHOCK AND AWWE!



## Taking the pierce

Festivals freaks take body  
modification to the extreme

 Venezuelan Emilio Gonzalez (above) and Damian Carnicero (main) startled attendees at the Cali Tattoo Festival in Colombia this month. Gonzalez's forked tongue was a hit with the ladies, but ironically none of them

wanted to go near him with a 10-foot-pole because he looks like the son of Satan. It's a shame because he looks extremely horny... Meanwhile, Carnicero's bloody hooks had the audience racing for the spew bucket.





**DON'T LEAVE  
HIM HANGIN'!**



**ZOO**




**THE GODS MUST  
BE CRAZY!**

**CAUTION!**  
  
**FIGHTERS  
CROSSING**



# A country practice

Red Bull X-Fighters warm up at Glen  
Afric Country Lodge in South Africa

 Frenchman Remi Bizouard joined the world's freestyle motocross elite — and this leggy giraffe — for a practice session in the wide-open savanna prior to the fourth stage of the the Red Bull X-Fighters

World Tour in Pretoria. There are several predators in the area — lions, tigers, Oscar Pistorius — but that didn't stop Remi from attempting this gravity-defying seat-sniff manoeuvre, which is fully sick in the literal sense.

**SHOCK  
AND  
AWE!**









# KIM K

# WISHES

# SHE LOOKED

**this**

# GOOD



Charlotte Springer's been called the UK version of the reality star. We reckon that's selling her short...





A full-page photograph of Charlotte Springer. She is a woman with long, dark hair, looking directly at the camera with a slight smile. She is wearing a light blue denim shirt that is open, revealing her chest and midriff. She is also wearing light-colored, possibly nude, lace-trimmed underwear. Her hands are positioned near her chest and waist. The background is a solid, warm brown color.

**CHARLOTTE**  
SPRINGER

**"IT'S GOOD TO  
HAVE SOME  
JUNK IN THE  
TRUNK"**



**So, Charlotte — how does it feel to be a Kim Kardashian look-alike?**

Well, everyone I speak to seems to think I am! Seriously, I get people mentioning it every single day of my life. Mind you, if anyone thinks I might actually be her, when I start talking, the Essex accent does tend to give it away!

**What do you think are the biggest similarities?**

I like the fact we're both curvy. I know she's got a lovely big bum, but if you take a look, you'll notice mine's not exactly small! I love having a bit of booty. I know some people thought her bum might have been fake, but I would like to point out that I am 100 per cent all natural. This is all me!

**So do you go for rappers, too?**

Nah, rappers aren't really my thing. I'm not into all that bling-bling stuff. I'd rather go for a normal, rough-and-ready bloke — a proper man's man.

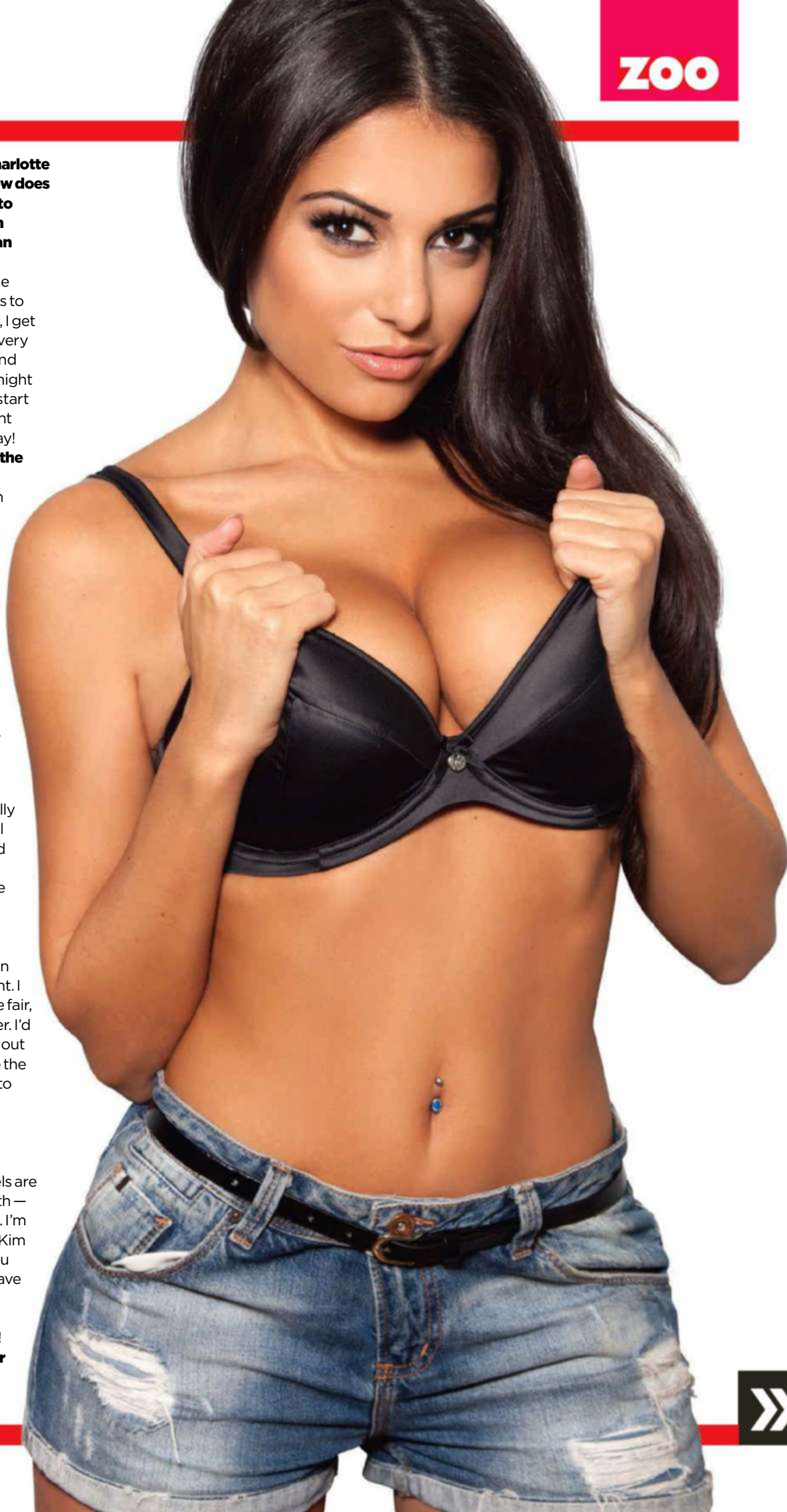
**A man who likes a few pints, then?**

I was actually on the San Miguels myself last night. I love most alcohol, to be fair, but I'm not a pint drinker. I'd rather have something out of a pretty bottle, while the bloke sinks a few pints to make me feel a little bit more feminine!

**So you're a pretty decent date?**

Well, us glamour models are a bit more down to earth — I like a good kebab, too. I'm not sure you could call Kim down to earth, but if you told me I could never have another beer or kebab again but have her money, I would say OK!

**Given your love of your bum, do your boobs get neglected?**







"I'M LUCKY GOD GAVE ME  
**BIG BOOBS**  
AS WELL"



**CHARLOTTE**  
SPRINGER

**ZOO**







I'm lucky that God gave me both! I'm being a bit greedy, I suppose. I reckon boobs are better for looking at, but bums are better for grabbing. I am glad I've got a big bum — it's always good to have some junk in the trunk.

**And you seem keen to let the world see it...**

I let the world see what I've got! I think I like showing my bum off even more than I like going topless. My studies over the last few years have proven that guys now tend to notice my bum before my boobs. I have actually heard people say as they walk past me, "Woah — look at that!"

I tend to laugh, but I guess I should say thanks. It is a compliment, after all!

**Finally, how stoked are you to now be a ZOO girl?**

This is definitely the biggest thing I've done yet as a model, so I'm well chuffed! Being in ZOO is so exciting. In your New Year's issue, Alice Goodwin picked me out as one of the models to look out for and said I was one of her favourites, which was very nice of her. Thanks, Alice!

Can we do a shoot together at some point?

**We can make that happen...**

Really? That would be amazing! Alice is so sexy...

**GET THE APP!**





**CHARLOTTE**  
SPRINGER

**ZOO**



PICTURES: MATRIX SYNDICATIONS



# news

+ MOUNTAIN BIKE DAM + BAD TATTS + HORRIBLE HEAD SCANS

## Guinness video game records!

Meet the button-mashing champs who conquered the world this year



### LONGEST NEED FOR SPEED MARATHON

→ The first 12 hours of Kenny Drews and Florian Fleissner's assault on the record went well, reported

Drews, but after that it became a little monotonous. Indeed, the Germans had a literal need

for speed which was blunted by countless caffeinated beverages. They played for 33 hours.





### **FASTEST COMPLETION OF ASSASSIN'S CREED: REVELATIONS**

→ Faster than an 18-year-old's first root — faster even than Shane Warne eating a meat pie — Francois Federspiel finished the fourth instalment of the series in two hours, 48 minutes and 41 seconds. The successful record is on YouTube for anyone with 168 and a bit minutes to spare.

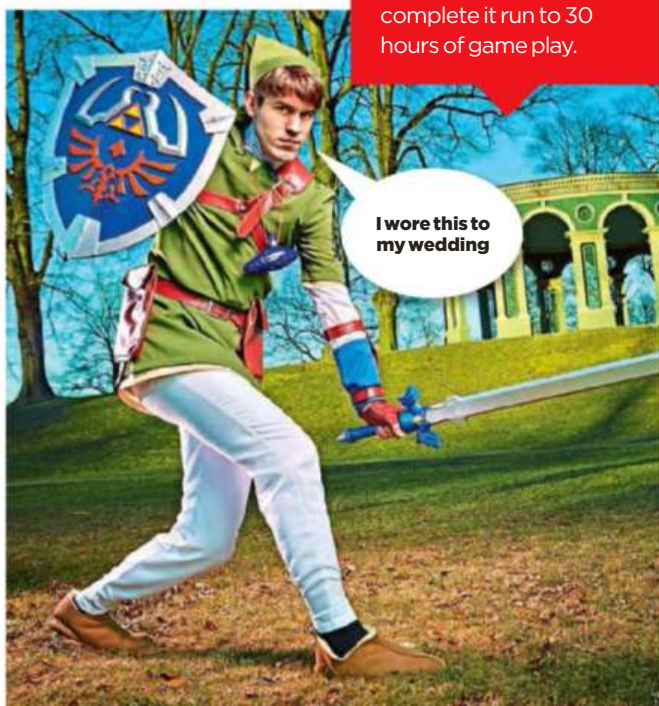


### **MOST KNOCKOUTS ON SUPER SMASH BROS**

→ American Klayton Schaufler battled and won 51 different knockouts in 2013 to take this peculiar world record.

### **FASTEST COMPLETION OF LEGEND OF ZELDA: OCEANA OF TIME**

→ Sweden's Joel Ekman finished the game in 17 mins and five secs. That's pretty good given online estimates of the time needed to complete it run to 30 hours of game play.



### **LARGEST ARCADE MACHINE**

→ The 4.41-metre-tall system built by Jason Camberis isn't just physically big, it also offers a range of 200 classic arcade games, including Pac-Man and Dragon Spirit. It took

him two years to construct, with some players needing to use ladders to reach the controls. He made it to remind himself of what it was like playing such machines as a kid.



### HIGHEST CAREER EARNINGS FOR A COMPETITIVE FEMALE VIDEO GAME PLAYER

→ Kat "Mystik" Gunn from California is the victor in this category, having pocketed more than \$176,000 since 2007. The bulk of that

cashola came when she won US\$140,000 in a reality gaming show in 2010. She now streams for an outfit called Team Dignitas.



### THE TRIPLE CHAMPION

→ Tristen Geren, 18, has three records with his name besides them: Fastest Completion of Level 1-1, *Super Mario 3D Land* (31 seconds); Highest Score on *The Legend of Zelda: Phantom Hourglass 2* (2100+); and Most Three Pointers in One Minute on *NBA 2k14* (seven). Yeah, but can he buy a legal beer in his home country, the USA? Exactly!







### HIGHEST-EARNING SUPER SMASHBROS MELEE PLAYER

→ Ken Hoang's said to have earned close to \$60,000 playing the game — as well as the title "the King of Smash". Last year he placed highest in a tournament since 2007, marking a return to form.

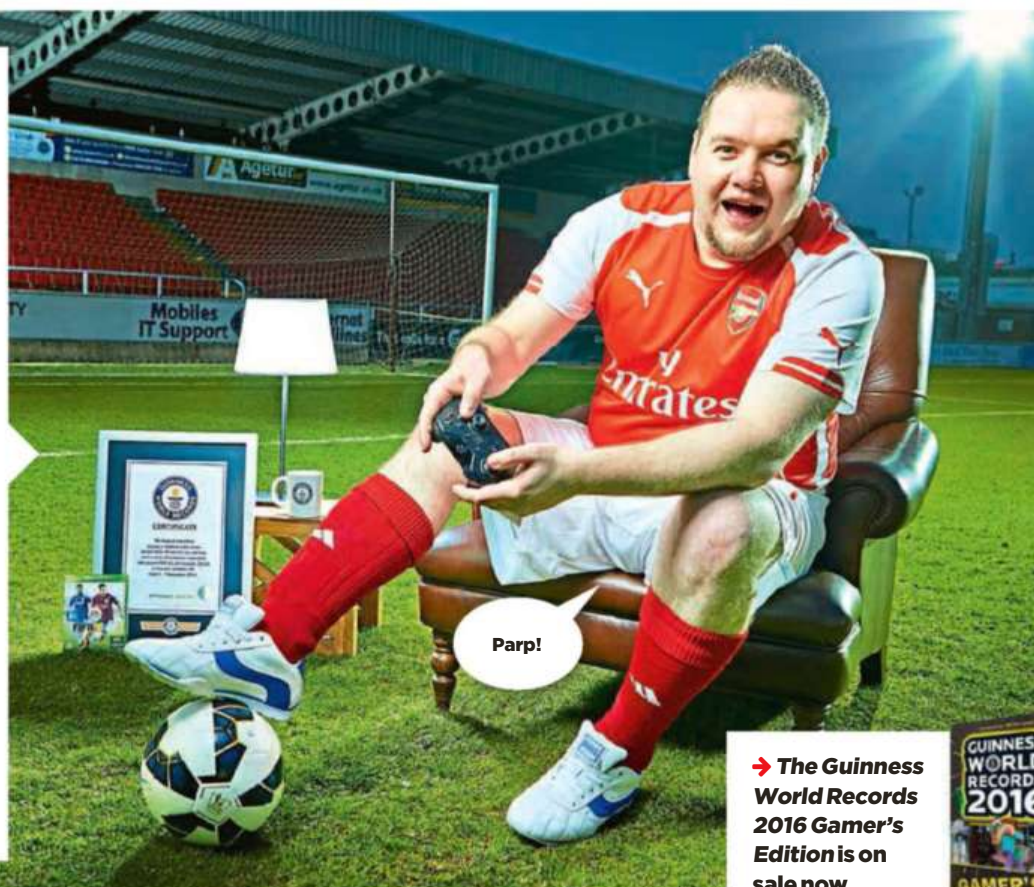


### LONGEST JOURNEY IN MINECRAFT

→ In the world of virtual Lego, one block equals one metre, and American Kurt J Mac has walked over 2,097,152 blocks since he began the long march to the "far lands", recording his efforts on his YouTube channel. Far lands territory is prized because of tiny bugs in the code that generates the landscapes, producing weird anomalies.

### LONGEST MARATHON ON A COMPUTER GAME

→ Even if you drank so much Red Bull your eyes started to bleed, no-one's beating Pommy Chris Cook's record of 48 hours, 49 minutes and 41 seconds on FIFA 15. He achieved the record in a gaming café, raising money for a charity as he brought "football" home from the Canadian record-holders. If he's beaten, he doesn't know if he'll try and regain it. Quitter!



→ **The Guinness World Records 2016 Gamer's Edition is on sale now.**





# He's out of his dam mind!

Mountain biker hits 70kmh as he screams down a 60-metre concrete ramp of death



**A** Slovenian mountain biker has risked death by riding down the face of a dam — all to win a \$28,000 prize that wouldn't have covered a hundredth of his medical expenses had he crashed.

Primož Ravnik was chasing first place in a comp launched by GoPro and website Pinkbike.com, who are trying to find the gnarliest bike video made this year. He had millions of options available to him — riding down the side of a skyscraper while on fire, pedalling through Iraq wearing an "ISIS sucks" T-shirt, or even trying to survive 10 minutes travelling along the Hume Highway — but settled on the madness you see here.

Mr Ravnik and his mates carefully selected a dam in Slovenia that had a dry spillway due to a lack of summer rain this year. They were hoping the bottom would be dry so he'd have some nice, soft concrete to break his fall if it all went badly, but had to go ahead despite the fact the end of the run was still flooded.

The team used ropes to get Primož and his bike into place at the top of the spillway, then it was a simple matter of waiting for him to stop shitting himself and launch down the slope, which goes for just over 60 metres.

It took a matter of seconds for him to fly down the spillway, hitting roughly 70kmh before slamming into the murky H<sub>2</sub>O at the bottom, no doubt panicking as his bike sank and his clothes soaked up the water and began dragging him under to his doom.

But both bike and rider were fished out safely. Primož and his mates must like their chances of winning the \$28k, as this will be hard to top... until someone uploads a video of their cat riding a Malvern Star, of course.





GET THE APP!



**NO FEAR OF THE  
SPLASH BACK!**

PICTURES: WWW.PUSNEJCC.COM



# THE 2015 —ZOO— CRAP TATT AWARDS!

Did your mum's back piece get a gong this year?  
Read on and find out...

Yes, that sunburn  
was tattooed on  
for added effect



It looks like his tattooist  
did this one while he  
was stage-diving into  
a mosh pit

Z  
**BIGGEST  
SELL-OUT!**  
Z



This guy's such a  
rebel even outlaw bikie  
gangs are too scared  
to recruit him

Old mate here should  
see if Calvin Klein will  
pay her to stop posting  
photos like this one

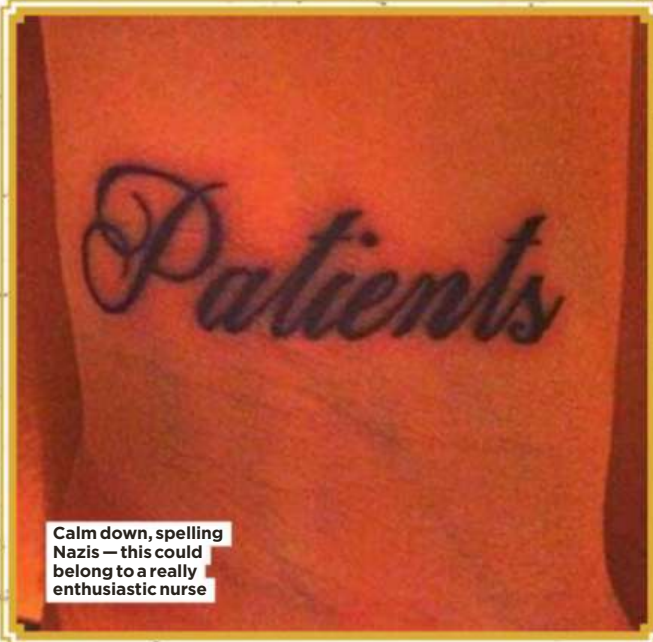


Z  
**MOST  
POPULAR  
IN JAIL**  
Z





**Z**  
**SEX ED**  
**AWARD!**  
**Z**



Calm down, spelling Nazis — this could belong to a really enthusiastic nurse



Forget Hillary Clinton — here's your first female President of the United States



And the lesson here is never let a toddler tattoo you after he's had a case of beer



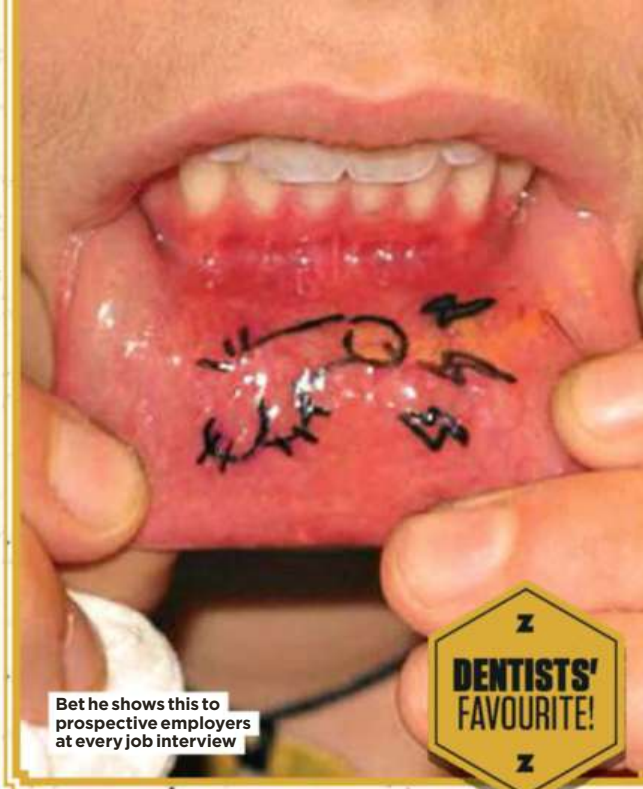
**Z**  
**MOST**  
**OFFENSIVE**  
**Z**







"Loyalty"? It looks more like a drunk kid's drawing of a steam train



Bet he shows this to prospective employers at every job interview



Da na na na na na na na... Shatman!



Skittlez — now available in new cleavage flavour!



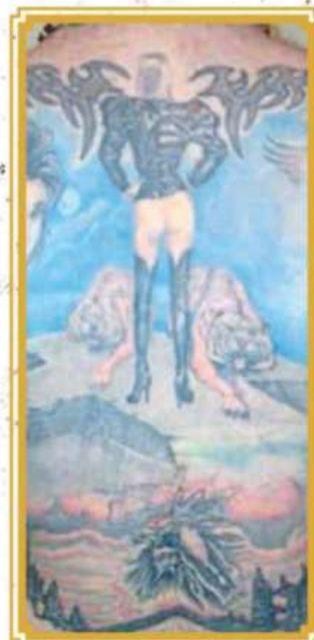
"Hi, my boyfriend would like to contact Satan while he does me doggy. Do you have a tatt for that?"



The needle gun was full of melted crayon



Here's the cover of the new Deadmau5 album, titled *We Tracked Down a Tattooist and Killed Him*







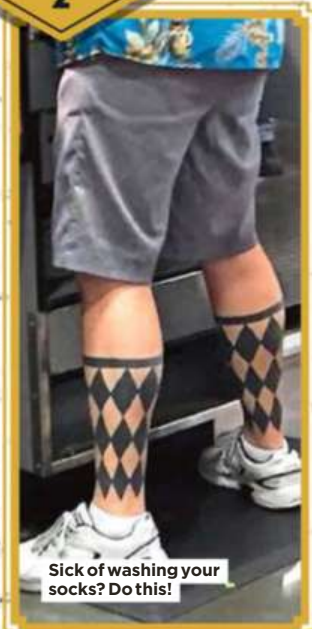
**Z**  
**BEST**  
**KIDS' TATT!**  
**Z**

He must like My Little Pony almost as much as he likes taking oven cleaner intravenously

**Z**  
**SCIENCE**  
**AWARD!**  
**Z**



Well, tyres need it, but other than that...



Sick of washing your socks? Do this!



Or in other words, apple steam iron plutocracy Jeff snorkel porridge

**Z**  
**BEST**  
**GRAMMAR!**  
**Z**



Conclusive proof that Terminators are real



**Z**  
**JESUS**  
**APPROVED!**  
**Z**

If we couldn't see that bellybutton we'd swear this was a photo of the Sistine Chapel ceiling



It's either an incredibly crap portrait of a dog or a remarkably lifelike study of ZOO's editor





# Horrible head jobs!

Artist's portraits make punters look like they've been hit by a steamroller

On a rainy, boring Sunday afternoon, Spanish artist Xavier Solé didn't reach for the bong or internet porn — he wondered what'd happen if he scanned his face into a computer.

"The first scans didn't look good, but after a few tests a totally flat image of my face just appeared," he said. "It was funny, stupid, beautiful, but very disturbing at the same time."

You can see the results for yourself, a cross between exploding heads in the *Hellraiser* horror films and

those weird-arse mirrors in amusement parks that make you think you're fatter than Malcolm Turnbull's wallet.

"Although scanners are digital, they have a few features that remind me of analogue photography," Solé said. His *Scanface* series now has dozens of bizarre portraits, and the 32-year-old, who lives in London, said he has a queue of people asking for a flat-face snap.

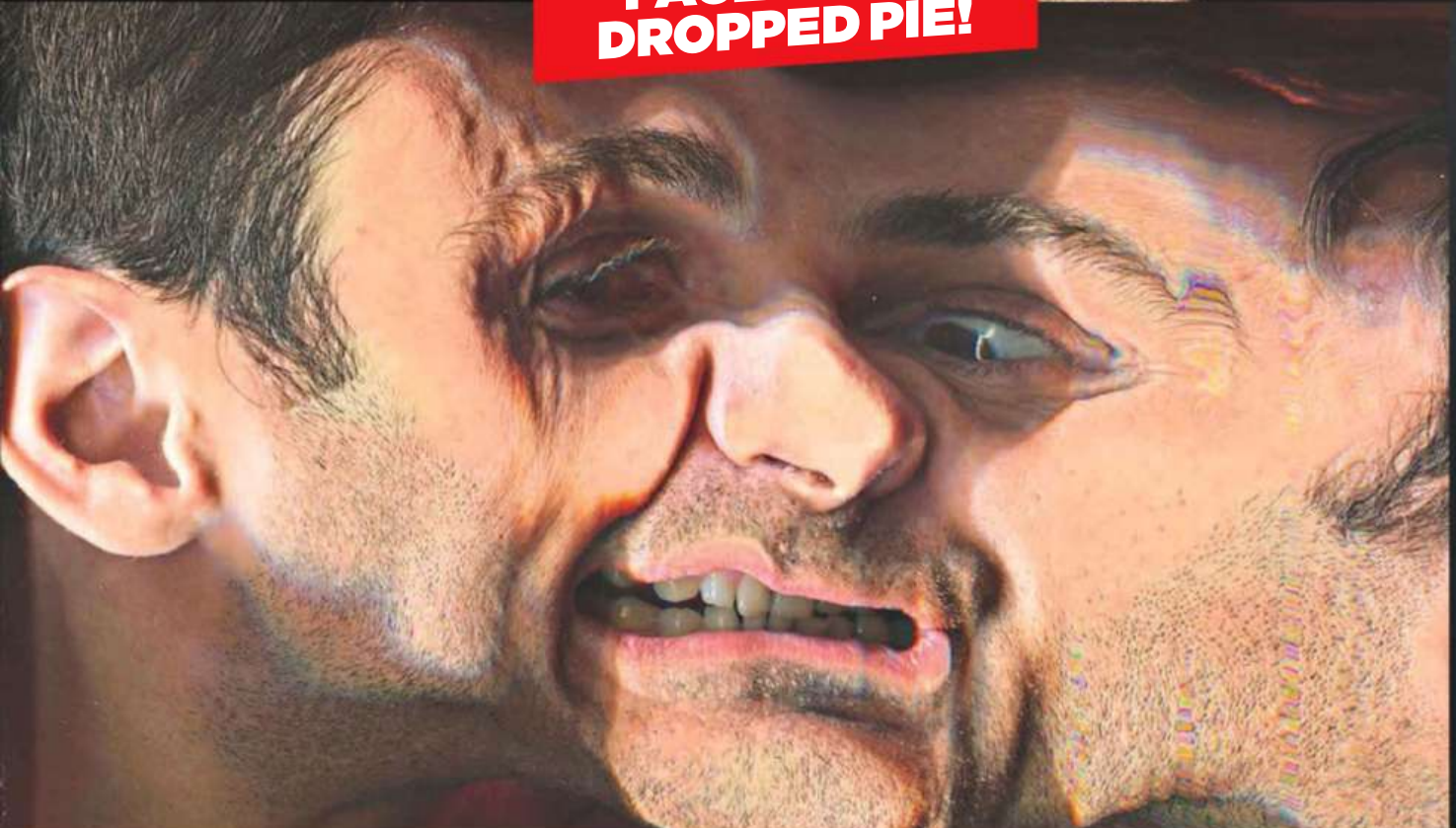
All images are taken in a single shot, without retouching or distorting — though they hardly need it.







**FACE LIKE A  
DROPPED PIE!**





# DRIVEBY

THE HOTTEST NEW WHEELS EVERY WEEK



## Porsche blows up the 911

Germany's "budget" supercar is the first to get a turbo under the hood

**T**In a revolutionary move, like the Liberals knifing a first-term PM, the 2017 Porsche 911 has gone turbocharged — and is also the fastest ever. The beast managed to shave 10 seconds off its Nürburgring

lap time to 7:30, and 0.2 seconds from 0-100kmh, at four seconds. That's pretty impressive — and there's more torque across the standard and S models for extra overtaking. The three-litre flat-six engine's also 12

per cent more fuel-efficient. The basic model will hit 295kmh, though not in Sydney traffic, while the S vaults over it at 308kmh. The infotainment Porsche Communication Management system's also

suped up, with multi-touch gesture control on the seven-inch display screen — and bizarrely, handwriting recognition. But we think you'll be too busy fanging it to bother doodling on the dash.





**0-100KM/H IN  
FOUR SECONDS!**





# JOKES

**I ONCE  
INSTALLED  
A SKYLIGHT  
IN MY UNIT.  
BOY, WERE  
MY UPSTAIRS  
NEIGHBOURS  
PISSED OFF.**  
BROOK, VIA EMAIL

● Two Italian men get on a train in the US. They sit down and engage in an animated conversation.

The lady sitting behind them ignores them at first, but her attention is galvanised when she hears one of the men say the following: "Emma come first. Den I come. Den two asses come together. I come once-a-more. Two asses, they come together again. I come again and pee twice. Then I come one lasta time."

"You foul-mouthed swine," retorts the lady indignantly. "In this country we don't talk about our sex lives in public!"

"Hey, coola down lady," says the man. "Who talkin' abouta sexa? I'm a justa tellin' my frienda how to spella 'Mississippi'." GAV, VIA EMAIL

**NICE GUYS  
DON'T FINISH  
LAST.  
THEY FINISH  
ALONE IN THE  
SHOWER.**  
HUGO, VIA EMAIL



**Redfoo Fighters**

● Two guys were stranded in a boat with three cigarettes. But they had no fire, so one of them threw a ciggie overboard. Then the whole boat was a cigarette lighter. RAJ, VIA EMAIL

● A captain of the Foreign Legion is transferred to to a new military station in the middle of the desert. When he gets there, he sees that a camel gets special treatment: it lives in a nice room, the men hand-feed it, and so on.

"Tell me, why does everyone care about that camel so much?" he asks the sergeant.

"Well, with so many men confined to the camp for so

long without women... when in need, we use the camel."

"Well, that's weird enough, but if it doesn't affect the morale, I guess it's fine," replies the captain.

After six tough months, the captain feels the need, too. He says to the sergeant, "Bring that camel into my room immediately!"

The sergeant takes the camel to his room, where the captain has his way with the animal. Next morning, the captain tells the sergeant, "Now I understand why the men are using the camel — she really did the trick!"

"Ah, so you finally went into town to visit the girls," said the sergeant.

EMMA, VIA EMAIL



MILLION DOLLAR IDEA: An alarm clock that sounds

like a dog's pre-puke warning grunts.

@daemonic3



"Do you want to hear a really good Batman impression?" "Go on, then..."

"NOT THE KRYPTONITE!" "That's Superman" "Thanks, I've been practicing."

@chuuew



[dogs around campfire] \*flashlight on face\* and when I came

back without the ball it was in his hand the whole time.

@trojansauce



[robbers outside bank] "When I said get some masks I

meant something creepy like wolf masks."

"But can't you feel your pores really opening up?"

@tastefactory



There's a child crying in this pub. THE REST OF US ARE IN THIS

PUB TO CRY ON THE INSIDE. Learn how things work you IGNORANT CHILD!

@TechnicallyRon



# JACQUES the RIPPER

ZOO's stand-up comedian heckles life every week



## FAT PEOPLE ARE THE BEST PEOPLE

YouTube sensation Nicole Arbour released a video blog last week that was decidedly anti-fat people. A month ago I wrote about my sympathy for the obese, but now this callous bitch and her “get off the couch” message has tipped my scales and I’m now officially “pro-besity”.

If you don’t know Nicole, she’s a blonde cliché who rants for a few hours and then gets someone with talent to edit it down to something that’s four minutes long and



YouTube “comedian” Nicole Arbour caused a furore after her anti-fat rant went viral

burden on the healthcare system and a massive waste of taxpayer dollars. I won’t lie, it does cost money, but obese people rarely make it past 70. You know who does? Thin people. You wanna talk about taxpayer dollars? A thin person living until they’re 100 and soaking up 30 years of pension from the free money store, and for what? So they can just sit on a f\*\*kin’ couch. “Live fat, die young.” That’s what I say...

“THE ONLY  
REASON PEOPLE  
WHO CAN’T  
STORE FAT ARE  
ALIVE IS ‘COS  
SOMEONE  
INVENTED THE  
FRIDGE”



palatable. Every time she calls herself a “comedian” I get chlamydia of the eyes, ears and soul. Being fat should be everyone’s goal and this twig-shaped intelligence vacuum can go suck a bag of thin, unsatisfying dicks.

Quick refresher course for you all: I used to be 120kg and through the wonders of modern-medicine/MDMA I’m a relatively lithe 93kg, but I still put on weight very easily, because like many fat people out there, I have a body that works properly. Eating food and storing leftover calories is the correct response to an abundance of food, and since the dawn of time any mammal on this planet that couldn’t store fat would typically get eaten by animals that could.

So if someone eats a whole bucket of KFC and doesn’t put on any weight, they’re faulty, they’re broken. But for some f\*\*ked-up reason, our

society considers them attractive and becomes jealous of their metabolism. Fact is, the only reason people who can’t store fat are alive is because somebody invented the fridge. Ya hear that, thin people? A power point is the only thing stopping you from being back on the goddamn menu!

Fat people are made to feel bad about their perfectly functioning bodies in the same way a promiscuous woman is slut-shamed. Enjoying the feel of a dick is a vagina’s correct response to the dick. Why would you make a girl feel like shit because her vagina works? We’re not running out of food, we’re definitely not running out of dicks, so a “fat slut” is the most natural, beautiful thing you could call a woman and a compliment from every angle you come at it/her.

The big argument against obesity is that it’s a huge

JACQUES’  
COCK IS ON  
tinder



I borrowed a girl’s phone  
and took over some Tinder  
convo’s for her...

**UNSUSPECTING DUDE:**

Hey, wanna have some fun with Snapchat?

**ME:** I don’t consider looking at pictures of dicks to be “fun”.

**UNSUSPECTING DUDE:**

You haven’t seen mine.

**ME:** Dicks are ugly by design. The only reason women moan when it goes inside of us is because we’re excited that we can’t see it.

**UNSUSPECTING DUDE:** Ha ha! Well, I’ve been told my cock is very attractive.

**ME:** A lovely review, and how is your mother? I haven’t spoken to her since I blew her husband for some beer money.

PICTURES: THINKSTOCK



**ZOO**

# WHEN GLAMOUR **WRONG**

ZOO's candid camera brings you a few sexy pics you weren't meant to see...



## **LIGHTS, CAMERA... CUT!**

Rachael Burr got overloaded on her first ZOO shoot and dropped the popcorn. At least we didn't use soap as a prop in that day.

## **WATER WAY TO GO!**



This shot of Erin Malone Pash didn't make it into the magazine because we didn't want to get sued by the maker of this faulty water bottle.





# SHOOTS GO

**SEXIEST  
BLOOPERS  
EVER!**



## **HANDS UP IF YOU'RE BRALESS**

Ani aShay gave ZOO's photo sapher a near-fatal h artatt k when she rea hedfor hesky earlier this ye r He'se pected tofho leinea y 2019.





# WHEN GLAMOUR SHOOTS GO **WRONG**



## IT'S NOT WHAT YOU THINK!

u it looks like e threw the bo kat NZ hott Amy eeS m ers but we id 't. W j tco ered it Va e efo a tof laugh.

## LET'S PLAY A GAME OF PEEKABOOB



G db ss ou, e hCa ll, f r ing lightly o ent us sticdu ng y u s oot it BecEd ard



## GOD KICKS SAND IN HER FACE

The weather foreca t for Amber Clark's shoot s d "light offshore winds". The poor woman ended up getting sandblasted...







**WET AND  
WILD!**

**THE SEA WAS  
ANGRY THAT  
DAY, MY FRIEND**

Tenille Jade is lucky she wasn't found floating in the ocean of Vanuatu after the Pacific refused to cooperate during her beach shoot.



PHOTOGRAPHY: BAUER MEDIA SYNDICATION, GUY TADMAN PHOTOGRAPHY, BRODIE BUTLER



IN THE  
**ZOO**  
WITH

# BOBBY

**MARK BOONE JUNIOR**  
CHATS ABOUT  
BIKIE CLUBS,  
BOBBY'S LOVE LIFE AND  
BEING THE  
**ONLY ONE**  
IN THE CAST WHO CAN  
RIDE A MOTORCYCLE!

**FROM**

# SONS OF ANARCHY



**6** 'day, Mark. You seem like the level-headed one in the *Sons of Anarchy* group. Is that a fair assumption?

No. This is absolutely the opposite in real life. I am absolutely the craziest one of all of them, except maybe Tommy [Flanagan]. Absolutely the most unstable of all of them in this group. It's called acting, man.

**Your character, Robert "Bobby" Munson, had kind of a downfall...**

Of course. I get screwed this whole seven years. That's not what you want to do. Look at what Kim Coates [Tig Trager] gets to do. Every word out of his mouth is a new direction.

**This has been going for seven years and it's winding up now. Is it hard to say goodbye to the character?**

Well, I won't really know until it happens, I guess. I don't look too far ahead into things. How can you?

**Do you even ride, bro?**

My motorcycle is my primary form of transportation, and has been since we started this show. I had a motorcycle when I was 11 years old. Until I was 19 I rode and I stopped. My brother-in-law had a horrible, horrible accident and my mother freaked out. And I said, "Okay, I'll stop." And then circumstances... I lived in New York and to have a motorcycle in New York, particularly back then, I wouldn't have had a motorcycle. It would have gotten stolen. It would have gotten beat up. There was no place to park it. I was living with no money. I had zero money for years in New York. And I was too busy anyway. So then the second that this show got picked up, literally within an hour, I had bought the motorcycle that I ride.

**What did you buy?**  
I bought a 2003 Road



Glide. So now I have another one too. But they weren't giving us any time on the motorcycle. You'd have to like beg them to let us on the motorcycle. You know, none of these other guys knew how to ride at all. So it was like, they really had a problem. I mean, I knew how to ride. And yet here we are: guys who are supposed to ride motorcycles. So I wanted a motorcycle immediately so that I could become good again.

**Funnily enough, motorcycles don't play a big role in the show...**

No they don't. But the hardest thing to do with a big bike is go slow. So what you see us doing most of the time is getting off, parking, getting off. We used to do it endlessly. Like, I don't think there's been a motorcycle scene in the first four episodes. Yeah, I guess we've done a few things but it's not big, no. This is a family show. This is a family drama.

**The outlaw culture got close to the show — they follow the show and meet you guys sometimes. How do you experience the encounters with the real *Sons of Anarchy* out there?**

Well, this is a TV show. There's a lot of artifice. This is somewhat how clubs are run. But there's the camaraderie, the honour, the joy of community... all that stuff. Those are essential elements which motorcycle clubs possess that they get from us. And you know, when this first came out, in the first couple of years, there were stories of people in motorcycle

**"I'M THE MOST UNSTABLE PERSON IN THE SONS OF ANARCHY GROUP!"**

clubs. And being in court and running into problems they were compared to us. And people brought that in against motorcycle clubs. I know that some of them weren't very happy about that then, but now they like it. I think that this is why people were slow to pick up on this show — because at large, one-per-cent clubs do not have a great reputation in the society at large. They're outlaws, they're criminal elements and so the people resisted that. I mean, this is the only show in the history of television that has increased its viewership for six years running. It's the only one. No other show has ever done that. Every other show has, like, fallen off after four years. We have only increased our viewership. That's because I think the attraction of it came into the normal world in bits and pieces until the point where they realised it wasn't necessarily... they just realised it's a fantasy of horrible people, bloody murderers. And so it's not realistic in its depiction of, you know, the motorcycle club. It's actually a fantasy.

**So the clubs do follow you, then?**

Yes, because it's fun. This is a sneaky show, man. This is sneaking its way into the mindset of the human because it's like if you look at it, the things that it slyly depicts, like its distaste of corporate values — you know, the actual depiction of, like, the life of whores, of prostitutes and, like, actually making them into people. You don't see that but that's sneaky how that's snuck in to this world. It's not like you have a villainous person. The character of Gemma, she is a villainous person. And of course people love villains. But I don't know if they really hate her. It's how that's twisted its way into the... I don't know. I think it's pretty interesting in the way this show has infected, and nobody likes to admit that they watch the show. It's a guilty pleasure for a lot of people.

**Bobby doesn't seem to get a lot of action in the love department on *Anarchy*. It's hard to imagine what's going to happen — whether he lives or is going to die in a pool of blood. Would you like to see him fall in love before he dies?**

Of course, why not? I'm playing you, of course. It comes back to the first question.

**→ *Sons of Anarchy* The Final Season is out on Blu-ray and DVD September 23.**

**ONE OF 10 SONS OF ANARCHY: THE COMPLETE SERIES BOX SETS**

**→** To win one of these awesome box sets, comprised of all seven seasons on Blu-ray and valued at \$189 each, email [zoo@bauer-media.com.au](mailto:zoo@bauer-media.com.au) and tell us in 25 words or less who your fave SOA character is and why.





**ZOO**

# 19 FITNESS MYTHS

**BUSTED!**

ZOO's guide to  
getting the most out  
of your exercise  
without spending  
\$1.2 million on a  
personal trainer







## DO A MILLION SIT-UPS AND YOU'LL GET A SIXPACK

**WHY IT'S A MYTH:** You can't take fat off one specific body part. Sixpacks occur when you lose a lot of fat in total, and for men the gut is often one of the last places unwanted fat disappears from when you're training hard and eating right.

**WHAT YOU SHOULD DO ABOUT IT:** Stop relying on miracle "ab-busting" machines and put in the hard yards. Cut the piss down to one night a week, watch your diet, lift at least three times a week and get at least two big cardio sessions in. Here are some great fat-burning sports... Squash: 517 calories in 30 mins. Cycling: 431. Running: 431. Swimming: 345. Boxing: 531.

## YOU CAN'T BE STRONG UNLESS YOU'RE HUGE

**WHY IT'S A MYTH:** Ever heard of the power-to-weight ratio? It's not just for cars. Plenty of smaller people are incredibly strong, proving some folks are genetically set up to make rapid strength gains without putting on a stack of muscle. Anton Kraft, billed as the world's strongest

dwarf (pictured, above) can bench way more than most blokes. Also, some forms of exercise — such as power training — aim to add strength without much weight gain. **WHAT YOU SHOULD DO ABOUT IT:** To get strong without whacking on the kilos, try these exercises: the

power clean (a whole-body lift that's best done after you've got the form down-pat); chin-ups; and jump squats, which are just what they sound like — a regular squat performed with a jump at the top of the extension. All will up your power-to-weight substantially.

## EXERCISE PROPERLY AND YOU'LL BURN ENERGY EVEN WHILE ASLEEP



**WHY IT'S A MYTH:** A kilo of muscle at rest burns less than one per cent of what your kidney, heart or brain burns. Matter of fact, muscle only burns a little bit more energy than fat. **WHAT YOU SHOULD DO ABOUT IT:** Lose a kilo of fat, replace it with muscle and

your base metabolic rate would barely change. This isn't to say you shouldn't swap a keg of muscle for a keg of blubber, but don't think swapping enough fat for muscle will result in you waking up one morning with a better skin-fold test than Sonny Bill Williams.



## RUNNING ON TREADMILLS STRESSES YOUR JOINTS LESS THAN POUNDING THE FOOTPATH

**WHY IT'S A MYTH:** The force your body applies to your joints is the same no matter whether you're jogging on a treadmill, concrete, grass... possibly even bubble wrap. OK, maybe not the last one. **WHAT YOU SHOULD DO ABOUT IT:** Don't make

running your sole source of cardio. Reduce the impact by mixing it up with biking, swimming, rowing, boxing, etc — there are stacks of exercises that place less stress on your knees, ankles, etc. A good pair of runners is a sound investment, too.





## MORE GYM TIME = BETTER RESULTS

### WHY IT'S A MYTH:

Overtraining is one of the most common mistakes gym rats make. Sure, you do it for all the right reasons, but it's easy to go overboard, especially with smaller muscles like your biceps and triceps. Building muscle means creating tiny tears in the fibres through exercise, then giving the body enough time to repair those tears. Not resting can do more harm than good.

### WHAT YOU SHOULD DO

**ABOUT IT:** Try to go 24 hours between sessions, split your program up so you're not working the same body parts two days in a row, and try to cap your sessions at about an hour. If you're gymming for up to 90 minutes, up the intensity and reduce the time by resting for 45-30 seconds between sets, and super-setting to really work individual body parts.



## GYM MEMBERSHIP IS A MUST

**WHY IT'S A MYTH:** Believe it or not, people — millions of people — got strong and cut before modern gyms were invented.

### WHAT YOU SHOULD DO

**ABOUT IT:** Do push-ups... and lots of them. They're still a great exercise that targets most of your upper body, and you can change the angle you do them on by putting your feet up, or change the placement of

your hands (narrow works the arms, wider works the pecs). Get a skipping rope — they're cheap-as — and smash it, because skipping is great cardio work. So are hill sprints and flat sprints, and chin-ups will work the bits of your upper body push-ups can't. The key is to use your body weight to smash your muscles, instead of a pricey machine.

## FIT PEOPLE ALL HAVE RIPPED ABS

**WHY IT'S A MYTH:** Look at most NRL players. They're some of the fittest people on Earth, but most don't have sixpacks. Instead, they have flat stomachs with some muscle definition. The same goes for many ultra-fit

sportspeople, like pro tennis players and swimmers.

### WHAT YOU SHOULD DO

**ABOUT IT:** Stop beating yourself up if you don't have a set of washboard abs. It doesn't mean you're not fit, or not training hard.



NRL star George Rose has probably never even seen his abs





# 19 FITNESS MYTHS BUSTED!

## USE MACHINES INSTEAD OF FREE WEIGHTS. THEY'RE SAFER

**WHY IT'S A MYTH:** Machines can only move the way they're designed to move; you're just a cog in the process, basically. This means they can't do anywhere near as good a job of duplicating real-life movements as free weights can.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Use free weights. Studies show they build muscle and strength faster than using machines, in large part because they require more balance and coordination, and make you use more muscle groups. Machines isolate muscles instead. To guard against

injury, watch your form, don't swing your weights, be extra careful while doing exercises like squats, deadlifts and power cleans so you don't hammer your back, and if you put too much weight on the bar and your technique suffers as a result, swallow your pride and back it off a little.



## SPORTS DRINKS ARE A MUST



**WHY IT'S A MYTH:** You'd have to train at a professional level to need them.

**WHAT YOU SHOULD DO ABOUT IT:** A lot of sports drinks contain a fair amount of sugar and salt, but you'll need to train like a spot at the Olympics is on the line before your body needs topping up in those departments. Water is the go here; it's free, so drink about a third of a litre before training, and top yourself up regularly.



## STRETCHING BEFORE A WORKOUT HELPS PREVENT INJURY

**WHY IT'S A MYTH:** Stretching before you lift and/or do cardio tells your muscles to relax, not to get ready for action. And if you try stretching muscles that haven't been warmed up, you can actually hurt yourself.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Kick your session off with a few minutes of light cardio. Save the stretching for after, when it'll help realign the muscle fibres you've just blasted, get blood to the exercised area and help your tendons. It'll help you recover faster for your next go, too.

## WANNA BURN OFF CRAP? LONG-DISTANCE RUNNING IS THE GO

**WHY IT'S A MYTH:** Sure, long-distance runners don't have much fat, but they don't have much muscle, either. If you want to get ripped, high-intensity interval sessions get results. Just look at the lean but muscled bodies on 100m sprinters, NRL players and most NFL footballers.

**WHAT YOU SHOULD DO ABOUT IT:** Try training like a sprinter. For example: five-minute warm-up; 30-second sprint at 60 per cent effort; walk for two minutes; 30-second sprint at 80 per cent effort; walk for two minutes; 30-second sprint flat-out; rest for 2-4 minutes. Try repeating 4-8 times, or until you spew. Kidding...





# 19 FITNESS MYTHS BUSTED!



## NO PAIN, NO GAIN

**WHY IT'S A MYTH:** Nice slogan, but your body tells you when it's in pain for a reason: because there's a problem and you need to stop whatever's causing it.

**WHAT YOU SHOULD DO ABOUT IT:** We're not talking

about the sort of pain you get when you're becoming exhausted during cardio, or when your muscles feel like jelly after a difficult weight set. But sharp pains in muscles and joints are warnings you need to heed, and bear in

mind if you do hurt yourself you won't know exactly how bad it is until your body cools down post-workout... and you end up in a hospital bed being fed through a tube. So listen to your body and don't overdo it.



## SQUATS ARE BAD FOR YOUR KNEES

**WHY IT'S A MYTH:** They're only bad if you do them poorly, just like most exercises can hurt you if you perform them incorrectly. Done well, squats will strengthen your knees.

**WHAT YOU SHOULD DO ABOUT IT:** Squats are a great exercise if your form is good. To make sure that's the case, it's worth having a mate check your form, and watch a stack of YouTube tutorials on the subject from accredited personal trainers. Basically, you need to get down low on your squats, keep your core tight, keep your chest up and your torso moving in a straight line (staring at a spot on the ceiling throughout the movement can help with this), and keep your glutes (bum muscles) activated all the way through.



## CARBS WILL MAKE YOU BIGGER THAN ULURU

**WHY IT'S A MYTH:** Any food you eat too much of will make you fat. And you need carbs to fuel your muscles when you're going hard in the gym.

**WHAT YOU SHOULD DO ABOUT IT:** Eat carbs, but

make sure they're the right ones. You're after low-GI carbs that aren't processed and release energy slowly, like brown rice, good pasta, beans, fruit (though watch for sugar here) and wholemeal bread.

## TRAIN HARD AND YOU CAN EAT WHATEVER YOU WANT

**WHY IT'S A MYTH:** You can't escape getting fat if you eat more energy than you use. And eating crap food is the

quickest way to do that, even if you're training hard.

**WHAT YOU SHOULD DO ABOUT IT:** Some experts

reckon getting the best results is 20 per cent effort, 80 per cent diet. Try making these changes...

### INSTEAD OF THIS...



### TRY THIS...







## SLEEP PATTERNS ARE NO BIG DEAL

**WHY IT'S A MYTH:** The amount and quality of sleep you get can make a huge difference to how well you train and the benefits you get from all that work.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Stop boasting about only needing four hours and start making shuteye a priority. You make most of your growth hormone when you sleep, which helps you lose fat and improves your immune system. If you

don't sleep enough your body actually tells you to eat more, and your body's more likely to store the fat instead of burning it. Sleep's also when the body repairs itself, which is very important for building muscle. Try to get at least eight hours if you're training hard, cut down on caffeine and screen time before you turn in, and do your best to avoid medicating yourself to sleep.



## EGGS ARE GOOD – BUT ONLY THE WHITES

**WHY IT'S A MYTH:** Egg-white omelettes are popular with gym rats, and there's a common misconception that yolks give you bad cholesterol. However, a study by the University of Connecticut found that eating the yolk actually helped reduce a form of bad cholesterol.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Eat them. They contain all of the vitamins A, D, E and K you find in eggs, and most of the minerals.



## IT DOESN'T MATTER WHAT YOU DO POST-WORKOUT

**WHY IT'S A MYTH:** If you don't do a few simple things as soon as you've stopped training, you're not getting anywhere near the maximum value for your effort.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Do some cooling-down exercises to end your gym session — stuff like stretches, skipping, a light jog, etc. If possible, hop into a plunge pool (very cold water) or have a cold shower if you can stand it. This will cut down on the acid that builds up in your muscles, leaving you ready to exercise again sooner. Also, get some good food into you within 30 minutes of exercising. During this "nutrient window" your body does a better job of feeding your muscles, so go for some eggs, chicken, avocado, etc. Not a kebab!

### BEFORE



### AFTER



## STOP TRAINING AND YOUR MUSCLES WILL TURN TO FAT

**WHY IT'S A MYTH:** It's impossible for muscle to turn into fat because they're two radically different tissue types. If you don't exercise them, your muscles will shrink. And if you don't exercise but keep on eating the same amount of food, you'll stack on weight.

**WHAT YOU SHOULD DO**

**ABOUT IT:** Simple – don't stop training. Which is easier said than done, so here are some motivational tips...

**FORM A HABIT:** Try to train at roughly the same time every day so you get in a

groove. Give it three or so weeks and you'll soon feel guilty and uptight if you miss a session. And if that does happen, don't beat yourself up. You're not exactly going to lose your job with the Australian XI as a result, so just make up for it ASAP.

**HAVE FUN:** Pick a sport or set of exercises you enjoy. Training with a mate is also good, not just for keeping it enjoyable, but for the competitive aspect. Guys always push each other to improve.

**SET GOALS:** Not unrealistic

ones like "play firsts for Carlton by next year". Set yourself targets you know you can make with a bit of hard work, like "drop three kilos this month" or "increase bench press by 5kg". Success will spur you on, and you can create more longer-term goals as you go.

**TREAT YOURSELF:** We don't mean smash a case if you've been to the gym three times in a week. You can have a "cheat day" where you eat what you want, or reward yourself with new workout gear.



# NEWSTUFF

➔ THIS WEEK'S BEST STUFFY GEAR THAT GOES BLEEP

## ULTIMATE PUZZLE

The Rubik's Cube of three squares per edge was bad enough, but the Speed Cube Puzzle has 11 squares per edge to drive you completely insane. **GET IT:** [www.amazon.com](http://www.amazon.com)



## SLUSH FUN

A gadget that makes slushies, smoothies and margaritas? Count us in! The Nostalgia Electrics Coca Cola Series Frozen Beverage Maker will pump out either coarse or fine-shaved ice, depending on your mood. **GET IT:** [www.amazon.com](http://www.amazon.com)



## BETTER BALLING

If you look more like Kevin James than LeBron James on the basketball court, the ShotTracker is here to help. Working with your smartphone, it uses a wrist and net sensor to monitor your three-point shots for better consistency. **GET IT:** [www.shottracker.com](http://www.shottracker.com)





**TOY TREBUCHET**

Trebuchets were used in medieval times to fling rotting corpses or boiling pitch over castle walls. The 23cm Pennypult won't manage that, but it will reach 10m. **GET IT:** [kickstarter.com](http://kickstarter.com)

**KEYLESS ENTRY**

With the ML10 DIY fingerprint lock, you can go all high-tech and keyless. There's a key if your fingerprints get burnt off by acid (it happens). **CHECK IT:** [www.zkteco.com](http://www.zkteco.com)

**COMPACT CAMP SAW**

Space is always tight when you're going camping, so swap the axe for the new Gerber Freescape Camp Saw. It'll fit a 12-inch blade but unlike an axe will fold flat

while the saw's still attached. **CHECK IT:** [au.gerbergear.com](http://au.gerbergear.com)

**VR CAMERA**

It looks like it should shoot laser beams, but this is the 16-camera GoPro Odyssey, out in November, that'll film 360-degree clips. And you have to apply for one. **CHECK IT:** [www.gopro.com/odyssey](http://www.gopro.com/odyssey)









# So fresh, so clean



**Sydney's  
Kacy Vallencourt  
gives herself a  
sponge bath**

---







**G**'day, Kacy. And congrats — some of the pics from your last ZOO shoots caught the eye of *Playboy* and *Sports Illustrated*, and they ran them on their websites. How'd you react when you found out?

I was shocked and excited at the same time. I didn't really expect that to happen and I was really surprised when my friends sent it to me!

**We've been seeing you in a few NRL ads, too, dressed up in your Tigers gear and cheering your boys on. Is that**

**something the league had shot specially, or did they stumble across some footage of you and say, "We've got to put her in the ad!"**

Yep, I've seen myself in a few ads for the footy. That's also exciting! It was last year when I was at the Parramatta versus Wests game on the Easter long weekend. It wasn't planned at all — I was two bourbons down and really enjoying the game! I got texts from my friends going, "You're on TV!" and I was blown away. Then the cameras kept panning across the crowd and soon I was getting more texts about being on TV.

**Those cameramen are excellent at finding a stunning woman in a crowd. You look**

**like a huge Tigers fan...**

I'm pretty serious, yeah! It's kind of sad to see how things are going for us this year.

**You must've been devastated when you found out they're letting go of Robbie Farah.**

Yeah, it's like the NRL has got to a stage where anything goes, and all the clubs end up having to get rid of their best players, like Penrith letting go of Michael Jennings. It's the dumbest move!

**You describe yourself as a foodie on Instagram...**

Oh, definitely! [Laughs]

**But are you the type of foodie who photographs everything she eats?**

[Laughs] I had to stop uploading the pics all the time. I've just discovered Peanut

Butter M&Ms and they are the best things in the world.

**Do you have to train a bit harder as a result?**

That's why I just joined a 24-hour gym! No excuses.

**They say the way to a man's heart is through his stomach. If that was the same for girls, what could a bloke cook you to win you over?**

It has to be dinner and dessert — something really hearty and Italian for the main, and then a chocolate cake...

**With Peanut Butter M&Ms on it?**

[Laughs] That's actually what I'm making right now!

**Are you single, Kacy?**

Um... no. Yes. I don't know. It's casual, just in the beginning phase.



ZOO

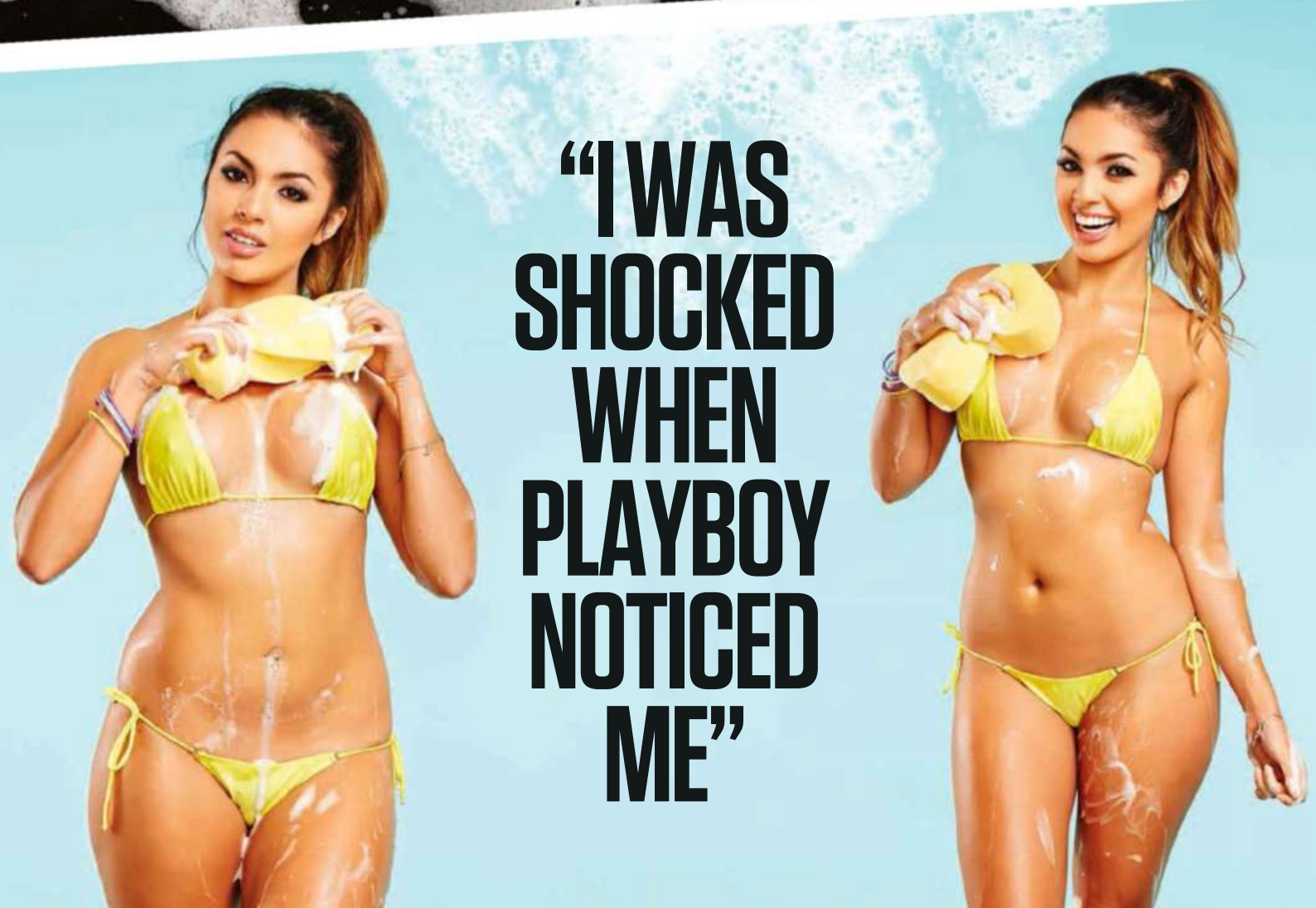
Kacy  
VALLENCOURT







*Kacy*  
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**“I WAS  
SHOCKED  
WHEN  
PLAYBOY  
NOTICED  
ME”**





**GET THE APP!**





# spot

PLUS: THE NRL SEASON AT FLOPS

## The BIGGEST LOSERS: AFL edition!

It's been a great year for West Aussie footy fans, but not these people...



### FANS OF QUALITY MUSIC

Meat Loaf just apologised to the nation for his 2011 grand final performance, saying "I betrayed your trust, I apologise for any feelings that were hurt" (we're sure that by "feelings" he means "ears"). But did the AFL react by allowing him to make up for it by smashing out *Bat out of Hell* in this year's decider? No. Instead we get Ellie

Goulding, Bryan Adams and Chris Isaak, who must be buskers they just fished out of Bourke Street Mall, 'cos we've never heard of them. Aussie Rules fans deserve better, and The Loaf can and will deliver. Besides, if it's an all-WA grand final, his performance, no matter how shithouse, will be the high point of the day for Victorians.



### STAR RECRUIT INJURED!

### CARLTON PLAYERS, COACHES, FANS, STAFF, ETC, ETC

We'll never know what Dale Thomas, the star recruited from Collingwood two years ago, could've contributed to the Blues' season. He bugged his shoulder about 1.5 seconds into the first match, then played just four more games. But judging by what the other players did, he should've been in the

running for the club best and fairest award. Carlton suffered their heaviest ever defeat, to the Hawks in Round 17, let GWS run in its biggest-ever winning margin in Round 22, drove Mick Malthouse into retirement and were the butt of more jokes than Tony Abbott, which wasn't thought humanly possible.





I'm stuck together like a teen's Playboy



**COLIN SYLVIA**

The Dockers rewrote the history books by getting off to their best start ever with nine straight wins, and coming into premiership favouritism a few times, but only within certain parts of Perth. If you want to find out what Sylvia's contribution to that success was, you'll need an electron microscope. Despite being on a rich deal, he retired in April because, as the club put it, the work he put in "wasn't at the level that was required". Or in other words, he was being paid like a first-grader and performing like he was playing park footy. The Dockers don't put up with that... unlike the Gold Coast Suns.

## THE SUNS OF ANARCHY

Reading the headlines the Gold Coast generated this year would've made non-AFL fans wonder if the Suns were an AFL team or an outlaw bikie club. Former player Karmichael Hunt is alleged to have implicated several players in drug use after the cops did him for coke. Pics surfaced of Harley Bennell with what looked like lines of powder — although to give him the

benefit of the doubt, he could've been using flour to re-enact a scene from *Scarface*. There were claims the club is split between Bible-bashing Jesus freaks and hard-partying grog monsters. Players were busted breaking bans on drinking piss. That they only finished third-last is a miracle, which isn't so surprising when you have Jesus playing in the midfield.

## THE BLOKES WHO SELL ICE-CREAMS AT THE GROUND

Steps were taken to lure fans back to the bleachers this year: the MCG and Etihad dropped the prices of food and piss, with free water, and free popcorn and fairy floss for the kiddies. Etihad even allowed kick-to-kick

after matches, and starting times for east coast games came forward 20 minutes. Maybe they should've opted for free piss and reduced the price of fairy floss, 'cos it didn't work. Port and Melbourne

clocked the worst AFL attendance since 1992, the Gold Coast had their crappiest home turn-out, as did Essendon at Etihad (they also had their lowest crowd for a Collingwood match) and the Melbourne vs GWS game in Round 23

was the worst attendance for a game in Victoria since 2002. How the ice-cream vendors were able to eke out a living in those circumstances is easily the biggest problem facing the league heading into 2016.



## HAVE YOU HIRD THE ONE ABOUT...

This year Bombers coach James Hird became the AFL's version of Veruca Salt from *Willy Wonka*: the spoilt favourite child who was allowed to get away with just about anything and paid the ultimate price. Essendon's performances in the back end of the season were so awful they bordered on crimes against football. Teams smashed so many majors against the Dons that goal umpires started getting RSI, and any supporter who wore the black and red in public deserved a medal for bravery. Hird was once a god at Windy Hill. Now we wouldn't be surprised if the club tried to recoup some of its losses by producing a line of toilet paper with his photo on it.



PICTURES: GETTY





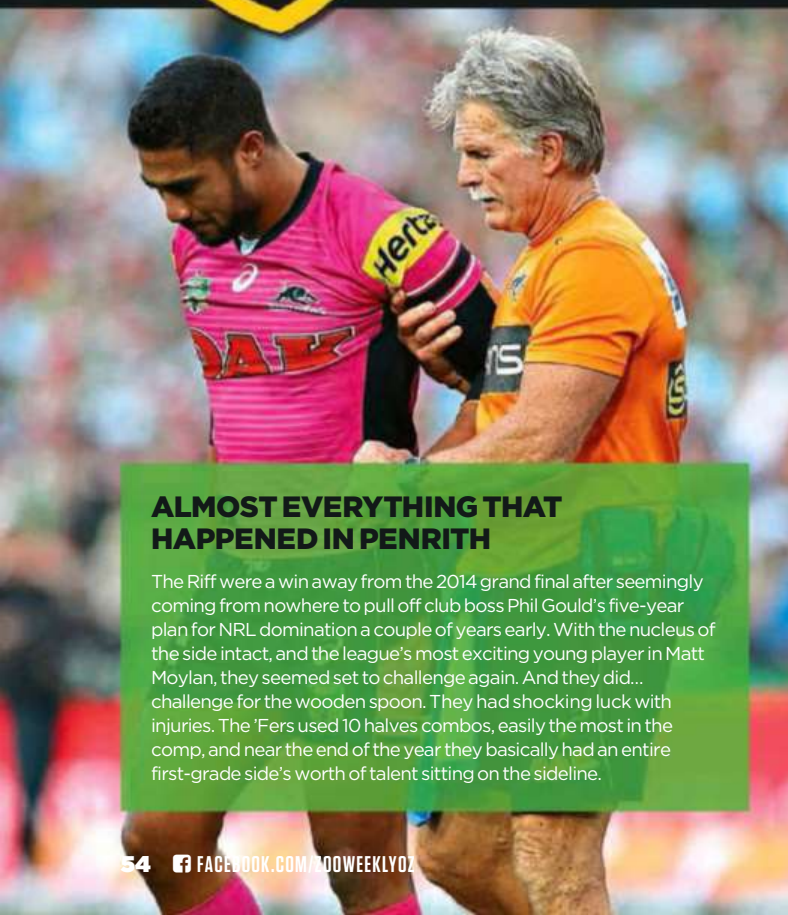
### SOUTHS' TITLE DEFENCE

Rewind to the beginning of the year and the Bunnies had won the Nines, smashed Brisbane in the season's opening match and were sporting new recruit Glenn Stewart. Supporters were beginning to ask themselves if the Rabbits would ever lose another game. Now those same fans are wondering when the club will win its next one, and they're hoping against hope that it happens before August 2016. The premiers dropped their bundle with a vengeance in the last quarter of the season, doing a great impersonation of the Souths sides of the '90s, with defence that had all the resilience of wet toilet paper. They lose possibly their best player, Issac Luke, to the Warriors next year, so don't expect a return to the distant glory days of September-October 2014.



# biggest flops in 2015

They were almost as disappointing as Tony Abbott's prime ministership



### ALMOST EVERYTHING THAT HAPPENED IN PENRITH

The Riff were a win away from the 2014 grand final after seemingly coming from nowhere to pull off club boss Phil Gould's five-year plan for NRL domination a couple of years early. With the nucleus of the side intact, and the league's most exciting young player in Matt Moylan, they seemed set to challenge again. And they did... challenge for the wooden spoon. They had shocking luck with injuries. The 'Fers used 10 halves combos, easily the most in the comp, and near the end of the year they basically had an entire first-grade side's worth of talent sitting on the sideline.



### WILLIE MASON PUTS HIMSELF IN THE QUIET CORNER

What happened, Willie? We thought you were good for at least a couple of headlines a year, usually for speaking your mind with absolutely no f\*\*ks given. But in 2015 you've been as quiet as Wayne Bennett in a press conference after a loss. You haven't even been a mic'd up on TV so you could give us another "You need some forwards, you cats!" bit of comedy gold. Now Big Willie's gone from Manly, unsure of his future. The bloke should retire, not because he can't tackle and hit it up, but because his mouth is badly out of form.



## THAT SO-CALLED ORIGIN 3 "MATCH"

You'd think this would only apply to Blues fans, but even Maroons die-hard's must've wished the Cockroaches put up more of a fight in that 52-6 embarrassment. It was like watching a first-grade side beat up on an under-11s team that had its best five players out 'cos their parents took them to the Easter Show. We're often reminded that people in the US, UK and elsewhere tune in to Origin to witness the pinnacle of the game. What would they have thought after watching that? Probably that the NRL urgently needs to do something to level the playing field, like letting NSW field a side of Jarryd Hayne clones.



## MAD MONDAY... DID IT EVEN HAPPEN THIS YEAR?

Did it? Really? Are you sure? We don't recall seeing any of the usual Mad Monday headlines, like "Drunk footy players throw sex toys over primary school fence", "Orphanage firebombed as end-of-season celebrations get out of hand" or "NRL star dressed as Hitler terrorises shoppers". Is this code becoming too sanitised or what?



## REFS SINK THE PINK

The men in the middle stopped wearing pink 'cos it undermined their authority and encouraged disrespect. Um... did it occur to anyone that if you want to encourage respect for refs you should find a way of helping them not screw up every third decision they make? Guess not. And taking the pink out robbed fans of an obvious, fail-safe fall-back position when they were too pissed to think of any other insults for match officials, which usually happens after about 10 minutes.



## WHERE'D ALL THE BIFF GO?

The powers that be vowed to stamp out punching, and they have. Paul Gallen's fisting of Nate Myles's fantastically huge head back in Origin 2013 is one of the last, if not the last, instances of knuckle-work in the NRL. Now we're left with blokes trying to bait each other into throwing punches, and blow-ups developing into nothing more than jersey-pulling "wrestles" identical to what passes for fights in AFL. And that's the point: one of league's main advantages over aerial ping-pong in the eyes of many fans is now completely gone. Someone should erect a tombstone: "Here lies the rugby league punch, 1908-2014".



# MAD

SEND US  
YOUR  
FREAKY  
PIGS AND  
SCORE  
SOME CASH

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**PIC**  
OF THE  
**WEEK**

**\$200  
WINNER**

## LOVE ME TENDON

"This is what happened after a forklift accident severed my finger and ripped the tendon from the elbow."

**LUANA, VIA EMAIL**





**A MOUTHFUL**  
For that fresh taste.  
Jim, via email



**KILLERS FOR HIRE**  
It's a tempting offer.  
Paul, via email



**TOWY TUBBY**  
Spotted Tinky Winky on the road.  
Anon, via email



**HOLY ROLLER**  
Who could ever forget that?  
Anon, via email



**THE LAST POST**  
Reverse-parking fail.  
Anon, via email

# SHOW US YOUR VIDEOS!

**\$200**  
FOR THE  
VID OF  
THE WEEK!



ZOO gets your insane photos every week, now with the new **viewa** app we can show videos as well! If you've got a classic vid of you or a mate getting a tatt, taking a stack or doing anything worthy of being in ZOO, then **EMAIL** your video to...

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**GET THE APP!**

## SHOW US YOUR TATTS



**SHARKTOPUS**  
Hybrids can be cool.  
Anon, via text



**WHAT A JOKER**  
Heath Ledger RIP.  
Anon, via text



**SPACEFACE**  
It's a rocket ape!  
Anon, via text



**OWL'S IT HANGIN'?**  
Got a hooter on my chest.  
Anon, via text





THAT'S GOTTA HURT!



## CHAINSAW MASSACRE

"This needed 20 stitches after a chainsaw accident four months ago, and took a chunk of my femur out. I've made a full recovery. Gotta love ZOO!"

**TRENT, VIA EMAIL**



## BUNCH OF PRICKS

A mouthful of porcupine.

**Anon, via text**



## ROAD RAGE

Took a hit on his bike.

**Anon, via text**



## ROTTEN LUCK

He says it was caused by a spider!

**Anon, via text**

## DAILY GRIND

A fight with an angle grinder.

**Anon, via text**



## FOOT FAULT

That's got to hurt.

**Anon, via text**



## TOE JAM

Don't bike in your thongs.

**Anon, via text**





**DODGY D.I.Y.**  
Bags not going on that.  
Anon, via text



**ACCIDENT IN 3, 2...**  
What could possibly go wrong?  
Anon, via text



**HOT STUFF**  
See the river of sweat?  
Anon, via text



**THE HOLE TRUTH**  
Never lend Tiger Woods your car...  
Anon, via text



**BROWN ON TAP**  
Finally some art we can appreciate.  
Anon, via text



**ON THE TROT**  
"Officer, I know my passenger's a bit of a pig, but I was just trying to bring home the bacon..."  
**ANON, VIA TEXT**

## ZOO KEEPERS



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# BABE WATCH

THIS WEEK'S  
HOTTEST  
NEW GIRLS



## RELEASE THE MOUNDS

Adrienn Levai is a model/DJ who's had many memorable, er... spreads in *Euro Playboy* mags. We're glass half-full kinda guys and would like to think she's taking her top off, not putting it back on...





### JE SUIS CHARLIE

We never really understood what that "Je suis Charlie" slogan was all about, but if it had anything to do with Canada's Charlie Riina, it's definitely something we could get behind.



### BUM'S THE WORD!

Tess O'Reilly (left) and Sydney James (right) are both 28 and both UK glamour models. The only thing that helps us tell them apart is Tess has a hot arse. Oh, wait...



### THAIME KANGAROO

Vittaya was born in Thailand but moved to England aged 10. She says she loves travelling and is considering a trip Down Under. Let's pray Tony lets her in!



TO SEE MORE  
STUNNING BABES, GO TO  
**INTHEZOO.COM.AU**





# THE ZLIST

FILM



HORROR

## THE VISIT

[CTC]

7/10

**THE GIST:** A mum ships her film-maker daughter and aspiring rapper son off to spend a week with their estranged/strange grandparents. Things get weird after dark...

**ZOO SAYS:** M. Night Shyamalan's (*The Sixth Sense*) first attempt at found-footage horror is kinda funny, scary and creepy. Way better than *The Happening* and *Last Airbender*.

CRIME THRILLER

## CUT SNAKE

[MA15+]

7/10



**THE GIST:** Sparra (Alex Russell) is a young man trying to go straight — in more ways than one — after a four-year stint in jail. He's set up a modest life in the bush with a fiancée and job. But that all changes when his imposing cell "mate" Pommie (Sullivan Stapleton) shows up. **ZOO SAYS:** Set in 1973, this crime-noir is an intense reminder that you can't always escape your past.

CRIME THRILLER

## SICARIO

[MA15+]

8/10

**THE GIST:** At the US/Mexico border, a squeaky-clean FBI agent, Kate (Emily Blunt), gets called up by an elite government task force official (Josh Brolin) to help fight the war against drugs. A consultant (Benicio Del

Toro) with a dodgy past joins them on the top-secret and life-threatening mission. **ZOO SAYS:** Director Denis Villeneuve knocked it out of the park with *Prisoners*, and continues his winning streak with this dark, edgy flick.



CRIME DRAMA

## SONS OF ANARCHY: SEASON 7

[MA15+]

9/10

**THE GIST:** Picking up 10 days after the death of Tara, Jax (Charlie Hunnam) is heart broken in jail. Apart from clinging onto the soap like his life depends on it, Jax spends his time in the

slammer forming alliances that'll help further the club and reap revenge on Tara's killer(s). **ZOO SAYS:** SOA has always been consistently excellent, and this gripping finale is no exception.

# BLU-RAY



MYSTERY/THRILLER

## CHILD 44

[MA15+]

5/10

**THE GIST:** It's bleak 1950s Soviet Russia and a serial killer of young boys is on the loose. With the system covering it up, a police agent (Tom Hardy) and his wife (Noomi Rapace) try to track down the truth. **ZOO SAYS:** Despite the cracking cast — Gary Oldman is also in it — this is a bit of a dog's breakfast.



HORROR/COMEDY

## ME AND MY MATES VS THE ZOMBIE APOCALYPSE

[MA15+]

8/10

**THE GIST:** A group of bogan tradies — played by Aussie comedians Jim Jefferies, Alex Williamson and Greg Fleet — get stuck in a telephone exchange during a zombie apocalypse. **ZOO SAYS:** Low-budget and low-brow, it's heavy on the over-the-top gore and vulgar gags, so we loved it!



NEW DLC!



SHOOTER

### DESTINY: THE TAKEN KING

PS4, XBO, PS3, XB360

6/10

**THE GIST:** After countless updates, the online, alien-blasting, first-person shooter delivers its biggest DLC expansion yet, with new quests, enemies, locations, strikes and raids.

**ZOO SAYS:** This isn't a new game, it's an expansion pack. The game received mixed reviews from the start and this is essentially more of the same, despite some new sub-classes to choose from.



SPORT

### NHL 16

PS4, XBO

6/10

**THE GIST:** We like this sport because there's biff aplenty, but it's become a little sensible now, and that defines the direction of these annual games, too. Online EASHL mode returns, where online players control custom players on every team. Otherwise it's just a few minor gameplay tweaks.

**ZOO SAYS:** We're not sure even the developers care anymore. This puck-whacking series peaked years ago and each annual game feels like a roster update. There aren't enough new modes or ideas on offer, but there's no denying the HD visuals look super realistic.



STRATEGY

### BLOOD BOWL 2

PS4, XBO, PC

1/10

**THE GIST:** Based on the classic Games Workshop board game, it combines American Football with old *Lord of the Rings*-like fantasy races. Teams of orcs, elves and dwarves go head-to-head in violent tournaments.

**ZOO SAYS:** The dirty tactics and

rule-breaking is fun. Like the board game, it's slow because every player move is turn-based, with outcomes determined by dice rolls. We'd prefer to smash opponents at game-day speed. It looks way better than the first ugly effort.







I'm having a bad hair day, sorry

METALCORE

## PARKWAY DRIVE

IRE

8/10

**SOUNDS LIKE:** After hearing Bring Me The Horizon's divisive new release and now this, it seems the big boys of metalcore are finally beginning to try new things. Which is a good idea if you ask us. On their fifth album, Byron Bay's finest push towards a more

commercial sound, the best example being the awesome first single, *Vice Grip*, with its melodic guitar lead and chant-worthy chorus. Following on from that is *Crushed*, which is bloody heavy but will turn heads with Winston's nu-metal rapping.

Elsewhere, *Dying to Believe* borrows heavily from Slipknot's *AOV* and Devil Driver (Winston also sounds a lot like Dez on *Bottom Feeder*). **ZOO SAYS:** Fans will cry sellout, however this is the logical next step, and these songs will slay live. The

production is beefy and gives the riffs a powerful punch. And old fans, don't fear: the music is still heavily influenced by their trademark sound.



ALT-ROCK

## SILVERSUN PICKUPS

BETTER NATURE

7/10

**SOUNDS LIKE:** Created with famous producer Jacknife Lee (U2) and mix engineer Alan Moulder (Nine Inch Nails, Royal Blood), this LA four-piece's fourth album sees them sounding a lot less like Smashing Pumpkins, as the electronic layers give their trademark '90s rock sound much more of a modern sheen.

**ZOO SAYS:** Frontman Brian Aubert's compositions have been fleshed out with heaps of cool studio magic, but the stripped-back songwriting that made *Lazy Eye* such a hit remains at its core. He still sounds like a girl, too.



METAL

## METAL ALLEGIANCE

SELF-TITLED

8/10

**SOUNDS LIKE:** The backbone of this metal supergroup is guitarist Alex Skolnick (Testament), David Ellefson (Megadeth) on bass and drummer Mike Portnoy (ex-Dream Theater). Joining them is a who's who of metal including Phil Anselmo (Pantera), Troy Sanders (Mastodon), Randy Blythe (Lamb

of God), plus members of Sepultura, DEP and Periphery. **ZOO SAYS:** Despite the shit name and cover art, this is a truly exciting project full of killer riffs and all-star collaborations.



AUSSIE PUNK

## THE MEANIES

IT'S NOT ME, IT'S YOU

8/10



**SOUNDS LIKE:** It's been 21 years since these Aussie rock legends released an album. Two guitarists passed away in that time, but thankfully The Meanies' haven't lost their signature fuzz, cool art and knack for writing short, simple songs. **ZOO SAYS:** A very welcome return.



INDIE FOLK

## KURT VILE

B' LIEVE I'M GOIN DOWN...

8/10



**SOUNDS LIKE:** The Yank singer/guitarist's sixth album is a hazy, lazy trip full of warm, southern-fried guitar, keys and psychedelic stoner vocals. **ZOO SAYS:** Even if you don't smoke weed, you'll feel blazed after an hour of these chilled jams.

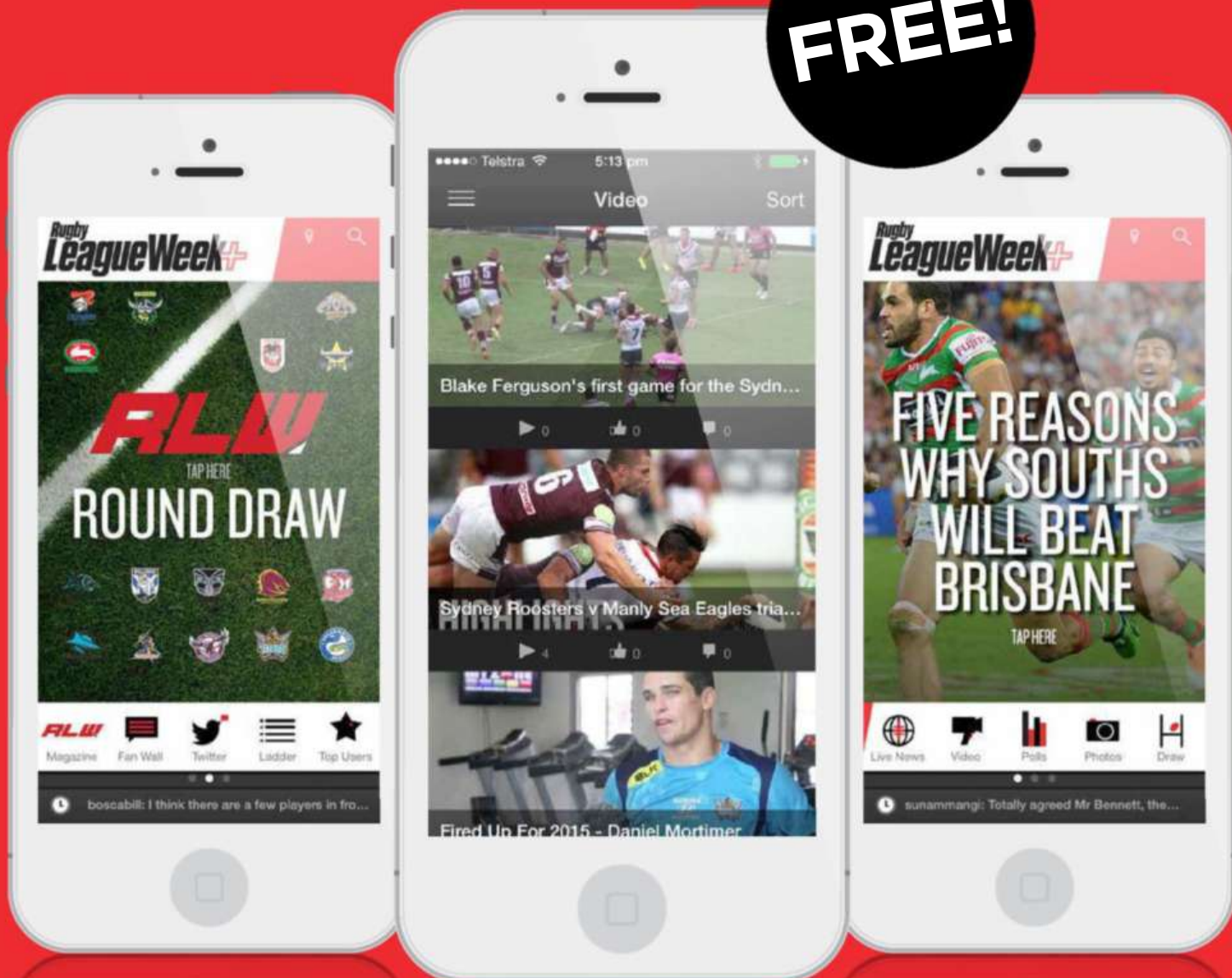






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# PUZZLES

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IN CASH  
TO BE WON!**



**What form of torture involves beating the soles of someone's feet?**

**WIN  
\$100**



For a chance to win **\$100 cash**, send your details and the winning word to

[zoo@bauer-media.com.au](mailto:zoo@bauer-media.com.au)

Make sure you include "Crossword puzzle" and the issue number (it's at the top left of the contents page) in the subject line of your email.

## ACROSS

1. Brad Pitt reinvents baseball recruiting in this 2011 film (9)
8. If you get one from a Nigerian prince, delete it (5)
9. Anise-flavoured liqueur often drunk in shots (7)
10. Infantry force consisting of soldiers who specialise in naval ops (7)
11. The two batsmen you send in first in cricket (7)
12. Chris Lilley's Tongan alter ego (5)
13. A cowardly crybaby (5)
16. Often gets lost down the back of the couch (6,7)
19. South Park kid who's chronically obese and foul-mouthed, Eric --- (7)
21. The Aussie cricketers recently failed epically to regain the --- (5)

23. Billy Idol song, Rebel --- (4)
24. Clothing item for a chick, or an accessory for your car (5)
25. An uncultured drongo (5)

## DOWN

1. Sports teams' lucky emblems, represented by blokes in animal suits (7)
2. SBS game show that gave us the (fake) "PENISDUMP" YouTube funny, Letters and --- (7)
3. An informal plural of "you" used by the uneducated (5)
4. Hollywood redhead who's appearing in next year's *Batman V Superman* flick, Amy --- (5)
5. A suggestive, sleazy look; perhaps directed at a pair of

- boobs (4)
6. Aussie surfer who warded off a shark in July, Mick --- (7)
7. 2003 Will Ferrell comedy about mates reliving their uni days (3,6)
12. Portly pro golfer known for his shit pants, drinking, smoking and gambling (4,4)
14. Sports injury remedy (3,4)
15. Gym buddy who assists you with your bench press (7)
17. Where you can buy and sell stuff without getting off the couch (4)
18. Detox centre for washed-up celebs (5)
20. Homer Simpson's long-suffering neighbour, --- Flanders (3)
22. Gross masturbation game said to be played at male boarding schools, soggy --- (3)

Competition closes 11:59pm on 27/9/2015. Open to Australian Residents. Comp drawn at 2.00pm on 28/9/2015 at ZOO magazine, level 12, 54 Park St, Sydney, NSW 2000. The Promoter is Bauer Media Group, (ABN 18 053 273 546). Authorised under permit numbers NSW Permit No. LTPM/14/01367, ACT Permit No. TP14/04448.

## ZOODOKU

**What is the lowest score in a single round on the PGA Tour?**

**WIN  
\$100**



Add numbers to the grid on the left until each row, column and diagonal, and every 3x3 square, contain all of the numbers 1-9. The digits in the shaded squares, reading from left to right and top to bottom, reveal our winning number.

For a chance to win **\$100 cash**, send your details and the winning number to [zoo@bauer-media.com.au](mailto:zoo@bauer-media.com.au). Make sure you include "Zoodoku" and the issue number (it's at the top left of the contents page) in the subject line of your email.

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## GUESS WHO?

**This Fijian/Aussie devout Christian and Hillsong Church member is currently one of the most talked-about sportsmen in the world**

Answer the questions below, then take the first letter of each word of the answer and place them in the appropriately numbered squares in the grid

1	2	3	4	5	6	7	8	9	10	11
---	---	---	---	---	---	---	---	---	----	----

- i) Fictional hipsters from Bondi who recently got their eyes slapped out in their *Hipsta* single with Timmy Trumpet (2,6)
- ii) Canadian actor who is a hilarious Tweeter and set to blow minds when he stars in *Deadpool* (3,4)
- iii) Critics slammed this stoner-fantasy-comedy starring Danny McBride,

- James Franco and Natalie Portman, but we thought it was funny (5,7)
- iv) Women and hipster men do this on mats (9)
- v) American actress who first stole our hearts with her hotness in *Sin City* (1,8)
- vi) Weather event that leads to warmer temps, reduced rainfall and increased frost in Australia (11,10)



Answer on p.70





Cosmo TV



Dolly Doctor



Harper's Bazaar TV



Gourmet Traveller Restaurant Guide 2015



Gourmet Fast



TV Week



Rugby League Week +



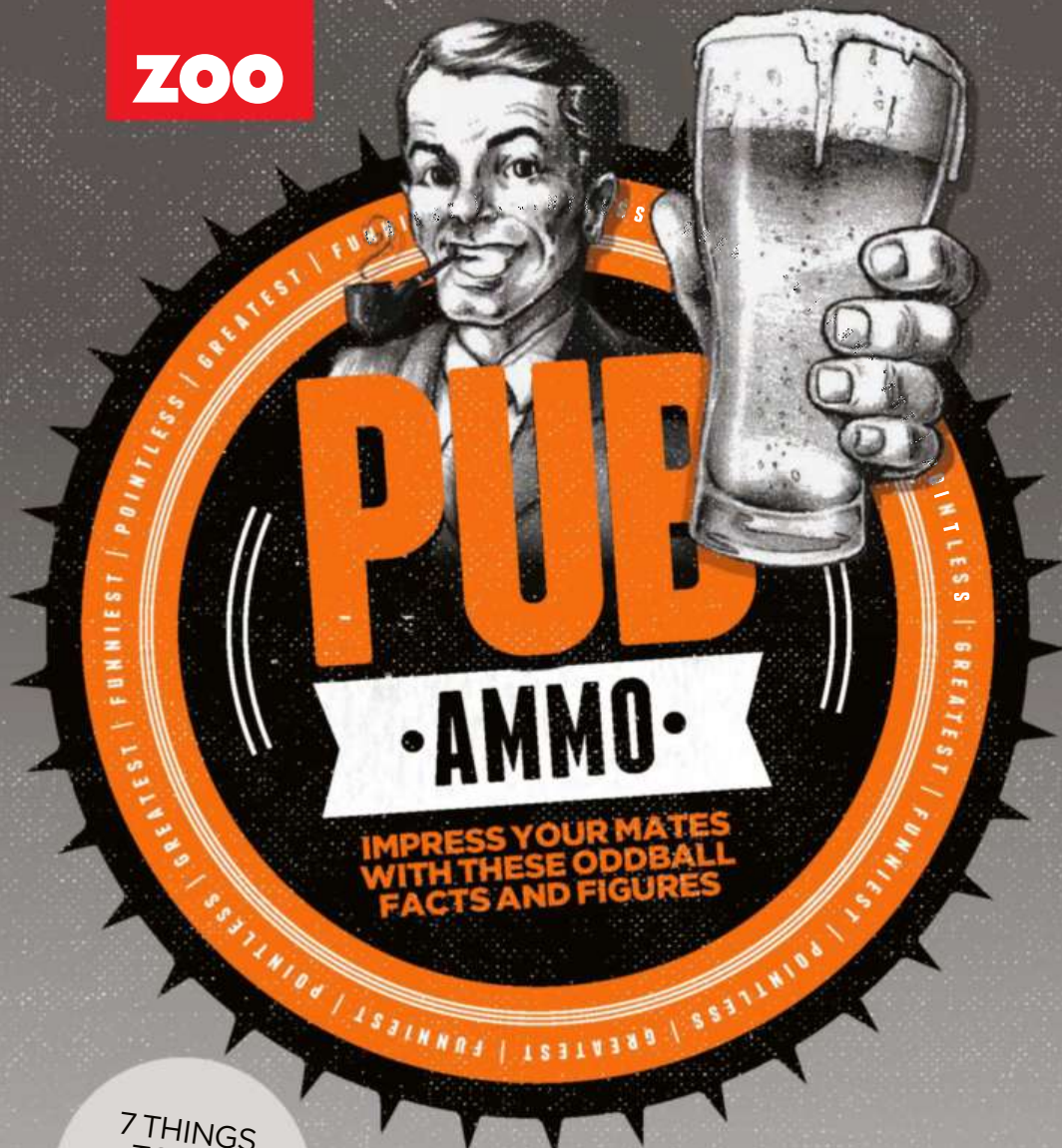
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7 THINGS  
TO SAY  
DOWN  
THE PUB  
ABOUT...



## HIT AND KILL

**Chinese drivers are reversing over pedestrians they hit to make sure they're dead — to save cash!**

**1** Perverse laws in China mean drivers are known to finish off their road-accident victims

**2** Just one example was in 2011, when truck driver Ao Yong hit Xiong Maoke, five, in Luzhou — and then did it again before arguing with the boy's parents for seven hours over how much compo he should pay

**3** Compo's key to this: if someone's injured, the person who caused it is liable for millions in open-ended treatment. For a death, though, the amount's fixed — from about \$53k in Shanghai to \$5k in poorer, rural areas

**4** Hence the perverse incentive to commit murder, though the Chinese legal system struggles to prove this. In 2008, a driver

**drove repeatedly over the body of a 64-year-old woman, and was caught on security footage**

**5** But Zhao Xiao Cheng was found not guilty of intentional homicide after arguing he thought he was grinding a bag of rubbish into the road. He was sentenced to three years for "negligence"

**6** There's even a Chinese phrase about the phenomenon: "It is better to hit to kill than to hit and injure." In 2011, there were an estimated 210,812 road accidents in China leading to injury or death

**7** Yao Jiaxin, who hit a cyclist in 2010 in Xian, returned with a knife to finish her off. He was convicted and executed. Time to change the laws!

**+** The CIA once hatched plans to air-drop extra-large condoms labelled "medium" onto Soviet troops. This, they thought, would psychologically demoralise them against an anatomically superior American army

**+** In the original script for *Back to the Future*, the time machine was a nuclear-powered refrigerator



**+** More than 71 per cent of Americans say they've had a paranormal experience

**+** Ants can't be seriously injured when dropped from a significant height because they don't have enough mass

**+** More than 80 per cent of women are more attracted to a man's wide-shoulder-to-narrow-hip ratio than his penis size

**+** The lowest par score in golf, a condor — or four under par — is usually made by a hole-in-one on a par-five course, or two on a par-six



**+** Dwayne "The Rock" Johnson eats seven meals a day, totalling 5165 calories and weighing 4.5kg





**A new world record was set for the world's largest Monopoly board in Warsaw, Poland, with this 400-square-metre effort**

## WORLD'S LONGEST COASTLINES

1	Canada	265,523*
2	USA	133,312
4	Russia	110,310
5	Indonesia	95,181
6	Chile	78,563
7	Australia	66,530
8	Norway	53,199
9	Philippines	33,900
9	Brazil	33,379
10	Finland	31,119

\*kilometres in total  
Source: World Resources Institute



**+** The Luther Burger, named after oversize soul singer Luther Vandross, is a bacon cheeseburger sandwiched between two doughnuts

**+** In China, people with a BMI (body mass index) of more than 40 aren't allowed to adopt children

**+** People who regularly work 11 hours or more a day are 67 per cent more likely to have a premature heart attack

**+** Steve Jobs' last words were "Oh wow. Oh wow. Oh wow"

**+** Cats' kidneys are so efficient they're able to rehydrate using seawater



**+** Chopping wood increases your testosterone levels by 46 per cent

**+** Night-vision goggles are green because we see in more shades of green than any other colour

**+** If the head of your penis is cut off, you can still pee, have sex and ejaculate

**+** A study has found women who are directly exposed to semen are less likely to be depressed

**+** In games of American football, the ball is in play for an average of 11 minutes

# TOP 10

**HIGHEST-GROSSING MOVIES IN AUSTRALIA OF 2015 (SO FAR)**

Source: Box Office Mojo  
\*Figures correct at time of writing



**1**  
*Furious 7*  
\$40 million gross



**2**  
*Jurassic World*  
\$39 million



**3**  
*Avengers: Age of Ultron*  
\$31 million



**4**  
*Minions*  
\$23.9 million



**5**  
*Inside Out*  
\$22.5 million



**6**  
*Pitch Perfect 2*  
\$21 million



**7**  
*Cinderella*  
\$20.5 million



**8**  
*Fifty Shades of Grey*  
\$18.2 million



**9**  
*Mad Max: Fury Road*  
\$16.1 million



**10**  
*American Sniper*  
\$15.1 million



# GET FACT!



**THIS WEEK: DROUGHT ARMAGEDDON**

**60**

per cent: Amount of Queensland that's currently in drought

**2786**  
LITRES

Average amount of water one person from Palm Springs, California, gets through every day

**53,498,452**

Average number of people affected by drought globally every year

**THREE**  
MILLION

Deaths due to famine, brought on by a massive drought, in China from 1928 to 1930

**1995-2009**

Years that Australia experienced its worst drought on record

**0.003**  
per cent

Proportion of water on Earth that is freshwater available for human use

**0.16**  
per cent

Proportion of California that's not in a drought right now

**410**

Worldwide droughts between 1980 and 2008

**70**

per cent: Rise in Australian beef shipments to the US, as the Queensland drought forces farmers to quickly cull cattle. Most of the meat ends up in burgers

**2400**

Litres of water that go into making just one burger



# *Be an Angel for Animals*

ALWAYS ADOPT. NEVER BUY.



Save a life by adopting from an animal shelter, and always give your animal companions the love and care that they deserve.

*Yvonne Strahovski*  
WITH CHAZZIE & WILBUR FOR

**PETA**



**“That  
which does  
not kill me  
makes me  
feel like a  
beer”**

– Friedrich Nietzsche

**IN THE ZOO**

I N T H E Z O O . C O M . A U